

HOUSE JOINT RESOLUTION 88  
By Cooper B

A RESOLUTION urging the Tennessee State Board of Education, in cooperation with all Local Education Agencies, to develop and implement a curriculum of instruction which will enable students to adopt and maintain healthy lifestyle habits.

WHEREAS, schools are identified as a key setting for public health strategies aiming to decrease and prevent overweight and obese children, as most children spend much of their time in school; and

WHEREAS, schools provide many opportunities to engage children in healthy eating and physical activity and to reinforce healthy lifestyle choices; and

WHEREAS, schools possess the ability to build awareness among teachers, food service staff, coaches, nurses, and other staff members about the contribution of proper nutrition and physical activity to the maintenance of lifelong healthy weight; and

WHEREAS, parents, teachers, and educational staff members play a critical role in teaching our children about the importance of physical activity and nutrition; and

WHEREAS, in December of 2001, the United States Surgeon General called for every child in grades K-12 to receive 30 minutes of physical activity every day; and

WHEREAS, the American Heart Association recommends that all children five years of age and older should participate in at least 30 minutes of enjoyable activities of moderate intensity every day and should also perform at least 30 minutes of vigorous physical activity at least three to four times each week to achieve and maintain a good level of cardio-respiratory fitness; and

WHEREAS, national studies have reported that an increase in physical activity to three to five days per week translates into a 20% improvement in physical fitness, a 15-20%

improvement in self-esteem, a 20% improvement in school attendance, a 20% improvement in grades, a 50% reduction in smoking, and a 60% reduction in drug and alcohol use; now, therefore,

BE IT RESOLVED BY THE HOUSE OF REPRESENTATIVES OF THE ONE HUNDRED FOURTH GENERAL ASSEMBLY OF THE STATE OF TENNESSEE, THE SENATE CONCURRING, That we hereby urge the Tennessee State Board of Education, in cooperation with Local Education Agencies, to develop and provide to all students in the State age-appropriate and culturally-sensitive instruction which aids in the development of knowledge, attitudes, skills, and behaviors conducive to the adoption and maintenance of healthy lifestyle habits relating to eating habits and a physically active lifestyle.

BE IT FURTHER RESOLVED That an appropriate copy of this resolution be prepared for delivery to the Tennessee State Board of Education.